

Coastal Attractions

No matter what your idea of fun is—to hang glide off the highest sand dune on the East Coast, explore the marshes for rare species of wildlife or just bask on the beach—you can find it on the North Carolina coast. Listed below are some major points of interest. Many lesser-known, but equally interesting places are just waiting to be discovered.

National Seashores

A variety of coastal habitats and historic sites are preserved in North Carolina's two National Seashores. Within the Cape Hatteras Seashore you will find lighthouses, shipwrecks, wild ponies and seventy-two miles of beautiful beaches. Ample places to pitch a tent are provided at five seasonally operated park campgrounds. Small towns throughout this area provide other visitor services. The Cape Lookout Seashore, with its fifty-five miles of pristine coastline is uninhabited and largely undeveloped. Primitive camping is permitted year-round.

State Parks

There are five state parks on or near the bicycle routes, each one unique. These include: Jockey's Ridge, noted for its 140 foot sand dune; Fort Macon with its 150 year old restored fort and fine bathing beach; Theodore Roosevelt Natural Area, home to many rare and unusual coastal life forms; Hammocks Beach, accessible by a park-operated free ferry during the summer months; and Goose Creek, the largest of these parks, where camping, hiking, fishing and bird-watching are featured.

Historic Sites

The recorded history of this area is long and varied, beginning with the first attempted English colonization at Manteo in 1584 and stretching into this century with the Wright brothers' first powered aircraft flight in 1903. Catch a glimpse into the past with a visit to the following historic places: Wright Brothers Memorial, Cape Hatteras Lighthouse, Ocracoke Village, the Beaufort Historic District and Manteo Museum, Historic Bath, and in the Manteo area Fort Raleigh, the Elizabeth II and the Elizabethan Gardens.

Windswept beaches, pristine marshes, crystal waters and sparkling sun beckon the adventurous bicycle tourist to the Outer Banks region of North Carolina. Quiet villages, towering lighthouses and ferry passages add to the allure.

Whatever you choose—day trip, weekend ride or week-long tour—this region is best explored by bicycle. And, there's a trip that's just right for you. Whether you prefer to take a leisurely ride of twenty miles or a more challenging ride of one hundred, stay at an elegant inn or camp by the sea, catch and fix your own meals or dine out, the information in this brochure will help you plan your own special coastal bicycle odyssey.

When to Travel

Spring and fall are the optimal times to bicycle here, when temperatures are moderate and tourist accommodations are readily available. Traffic is much lighter at this time. If you travel during the summer, weekday travel is preferable.

Weather Conditions

Sunshine and pleasant temperatures are the norm during the spring and fall, although periods of rain and changeable conditions should be anticipated. Mid-summer temperatures often reach the high 90's. High humidity and afternoon showers are common. Winter temperatures fluctuate from below freezing to the upper 70's and are very unpredictable. Prevailing winds typically blow from the south, year-round at 12 mph.

Safety Reminders

In North Carolina, the bicycle enjoys the legal status of a vehicle. This means that a bicycle rider must:

- ride on the right-hand side of the road, in the same direction as other traffic;
- obey all traffic signs and signals;
- signal all turns;
- equip the bicycle with a headlight visible from 300 feet and a rear reflector visible from 200 feet, when riding at night;
- ride as far to the right as practicable, when moving slower than the speed limit;
- ride responsibly and with due caution.

It is important to ride defensively and in a predictable manner. Remember, the bicycle always loses in a conflict with a car. Stay alert and keep safe.

- always wear a helmet;
- avoid riding during periods of low visibility, at dusk, in dense fog or during heavy rain;
- wear bright clothing;
- avoid riding at night, especially in rural areas;
- be courteous to other drivers.

For additional information, contact:

Bicycle Program
NC Department of Transportation
P.O. Box 25201
Raleigh, NC 27611
(919) 733-2804

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Roadway Conditions

The flat terrain and good roads of this region make for pleasant bicycling. Most roads are two-lane roads with no paved shoulders or bicycle lanes and carry light to moderate amounts of traffic. To alert motorists to the presence of bicyclists, special "Share the Road" signs have been placed along the busier portions of the routes. Please note that there are narrow bridges from the mainland to Manteo (3 miles), and from Manteo to Nags Head (1 mile), where tourist traffic and potential crosswinds can create less than optimal biking conditions.

Accommodations

Motels, inns, or bed-and-breakfast lodgings can be found in many towns in the area. Campgrounds are provided on various state and federal lands, as well as by private operators. Listings may be obtained from: NC Travel and Tourism Division, Raleigh, NC 27611.

Rest Stops

Restaurants or country stores are generally spaced no more than 10 miles apart, except along US 264, from Engelhardt to Manns Harbor, where there are no stops for 38 miles.

Bicycle Shops

Bicycle shops can only be found off the main routes in the Nags Head, Kill Devil Hills, Morehead City, New Bern, Jacksonville, Washington and Greenville areas.

Around Pamlico Sound:

Bicycling North Carolina's Outer Banks Region



Public Transportation

This is a remote area best reached by bicycle or private auto. No regular inter-city buses or trains serve the region. Although there is airline service to the nearby cities of Greenville and Jacksonville, not all flights can accommodate bicycles.

Ferry Service

Two ferries connect the mainland and Ocracoke Island, one from Swan Quarter (2½ hrs.) and one from Cedar Island (2½ hrs.). A fee of \$2.00 per bicycle and rider is charged. Free ferries operate across the Pamlico and Neuse rivers and from Ocracoke Island to Hatteras Island. A schedule is available from the Bicycle Program (see address on reverse).

Other Bicycle Maps

Several "Bicycling Highways" long distance touring routes intersect with the routes mapped in this guide, expanding your regional touring opportunities. Detailed maps of these routes are available from the Bicycle Program (see address on reverse).

- Ports of Call—300 mile coastal route from the SC border to VA.
- Mountains to the Sea—700 miles across the center of the state.
- Ocracoke Option—175 mile link from the central piedmont to the coast.
- North Line Trace—400 mile route across northernmost portion of NC.

Local bicycle maps are also available for the Beaufort, Swansboro and Jacksonville areas.

Bicycling the Outer Banks Region



About The Map

Looking at a map of North Carolina, your eye is drawn to the strip of barrier islands known as the Outer Banks. Exhilarating visions of bicycling, sun and surf soon begin to take shape. Before you know it, you're planning a bicycle tour. While a trip along the length of the islands is a pretty obvious choice, you may be unaware of the expanded touring options made possible by including portions of the mainland in your itinerary. This map is designed to outline these options.

On the map, three loop and two linear routes are highlighted. The outer loop covers

285 miles, a good week-long tour for most riders. The shorter loops cover approximately 140 miles each, providing good three-to-four day rides. The two linear routes highlight a connector to Virginia (65 miles) and a connector from the Beaufort area to the Ports of Call Bicycling Highways route. These linear routes are intended as off-season options, only. During the summer months, traffic is very heavy and a tour through these areas is not recommended.

In addition to outlining your coastal touring options, this map shows the network of

major roads, geographical features, and larger towns and villages. Overlay information highlights campgrounds, towns with motels or inns, major points of interest, busy portions of the route, distance between points, ferry connections and commercial airports. Also shown are the coastal portions of four "Bicycling Highways" long distance touring routes.

Armed with this map and the information from the additional sources listed in this brochure, we're sure your coastal bicycle trip will be one that you never forget.

Please be aware:

Although every effort was made initially to choose routes on less traveled roads, some areas of this map may have experienced significant growing. In these locations some of the selected bicycle routes could have increased traffic volumes. The NC Department of Transportation and the Division of Bicycle and Pedestrian Transportation assume no liability for the increase use of any road on this map. We ask you to, as much as you are able, make yourself aware of the roads you intend to travel on, prior to your trip. To do so you may consider contacting the local government, bike shops or clubs in the area, for advise.

A Note of Caution

The highlighted bicycle routes shown on this map follow roads of the North Carolina highway system. These roads do not include any special accommodations for bicycles such as paved shoulders or designated bike lanes. Care has been taken to select more lightly traveled roads. In a few places, however, short sections of busier roads are used to make connections where no other options exist. These areas are marked with "Share the Road" signs, like the one shown here, to alert motorists to the presence of cyclists on the road. The bike routes are not intended for use by children, as their ability to judge traffic conditions and driver actions is not well developed.



Be predictable, be courteous, and obey all traffic laws, while traveling by bicycle.